**Human Body: Pushing the Limits: Brainpower**

The brain is the control center for animals, and its purpose is to keep the body alive. There are

times when the brain must act fast and respond without thought, such as in the fight-or-flight

response. This automatic inborn response causes the body to "fight" or "flee" from perceived

attack, harm, or threat to our survival. Have students answer these questions in groups or

alone and share with the class.

1. What fight-or-flight scenarios confronted the people in the program Human Body:

Pushing the Limits: Brainpower, and how did they react?

1. Think and write down another situation that may cause a person to go into fight-or-

flight mode.

1. Describe a time when you have been in a situation where your body went into fight-or-flight mode
2. Create a scenario that would catch a person off guard but would not necessarily cause

her/him to go into fight-or-flight mode. Ex: You lock your keys in your car. This is a

situation that is stressful but would not cause you to react without thinking, like a fight-

or-flight response.